



## Steps in Choosing CHILD CARE

1. List the things that are important for you and your child.
2. Collect names of potential child care providers.
3. Call several caregivers and ask about:
  - Space for your child.
  - Hours of operation, vacation coverage.
  - Fees and any subsidies available.
  - Location, transportation.
  - Meals and snacks.
  - Ability to meet your child's individual needs.
  - Other things that are important to you.
4. Make appointments to visit three or more sites. It's important to check them out in person.
5. Be sure to ask all of your questions during the visits and use the checklist in the DSHS publication "Choosing Child Care: A Consumer Guide for Parents," DSHS 22-516(X) to evaluate sites.
6. Check caregiver references by:
  - Talking to parents with children in the program.
  - Calling your local child care licensors to find out if there have been complaints. Licensors can be reached at the OCCP office at the Department of Social and Health Services.
7. Take your child to visit the final choice(s). If possible, let your child help make the final decision.
8. Trust your intuition and your observations. No setting is perfect, and you'll need to figure out which compromises you're willing to make.
9. Read the caregiver's written policies and procedures carefully. Be sure to sign a contract or agreement form with the caregiver, and make your mutual expectations clear, including the fee structure, holidays, vacations and refunds.
10. Make a back-up plan for emergencies.

From the pamphlet,  
***Choosing Child Care, A Consumer Guide for Parents***  
DSHS 22-516(X)

Call **1-800-446-1114** for your copy.



## CHILD CARE Options in Washington State



**A quick  
reference  
guide**

# CHILD CARE OPTIONS in Washington State *Quick ReferenceGuide*

Program		Who Is Eligible		Program Description		Where to Apply	
Working Connections Child Care		Working, low income families; families eligible for WorkFirst (TANF), enrolled in approved job search, training, or work.		Child care is available to families with income at or below 175% of FPL who need child care to participate in an approved job search or training or to maintain their employment.		Local DSHS CSO.	
Teen Parent Child Care		Parents under 22 years old who are not receiving a WorkFirst (TANF) grant and enrolled in a high school completion or GED program.		Young parents may receive child care subsidies to support their progress towards high school completion or a GED certificate.		Local DSHS DCFS Office, or local DSHS CSO.	
Seasonal Child Care for Agricultural Workers		Employed, low income seasonal agricultural workers. At least 50% of annual income must be from agricultural employment.		Child care is available to families who are seasonally employed in harvesting or cultivating crops, timber, or seafood. A family's annual income must be at or below 175% of FPL.		Access is through local Seasonal Child Care contractors. For information call the local resource & referral agency.	
Homeless Child Care		Families who are homeless and are not receiving other subsidized child care programs.		Child care is available while parents seek permanent housing or take care of personal business such as legal, medical, or financial appointments.		Access is through local contracted agencies. For information call the local resource & referral agency.	
CPS/CWS Child Care		Families currently served by CPS/CWS.		Child care may be approved as part of the case plan for families receiving services through CPS or CWS.		Access to child care is through the CPS or CWS social worker.	
Therapeutic Child Care		Families currently served through CPS, CWS, or DASA.		Intensive child care and development services and interventions for at-risk families.		Access to child care is through the CPS or CWS social worker.	
Crisis Nursery		Families who are in crisis and in need of emergency child care for children ages 6 years and younger.		Child care is available on a 24-hour basis. Parents can use the service for up to 72 hours. Program goals are to prevent child abuse and neglect.		All clients are self-referred. Services are available in: Seattle, Everett, Yakima, Walla Walla Spokane and Pasco. Call 1-800-446-1114 for information.	
Division of Alcohol and Substance Abuse (DASA) Child Care		Parents attending an approved alcohol or drug treatment facility.		Child care is provided while parents are attending state or county funded alcohol or drug treatment.		Access to child care is through treatment facility staff.	
First Steps Child Care		Pregnant women with medical coupons.		Child care is provided while client attends outpatient medical visits; the time per visit is usually less than four hours.		For local resources call Healthy Mothers Healthy Babies at 1-800-322-2588.	
Early Childhood Education Assistance Program (ECEAP)		Four-year-old children in families with income up to 100% FPL or who are at risk of school failure.		ECEAP prepares children for success in the public school system through preschool education, health and dental screenings, parent involvement in the child's education, and family support services and referrals.		ECEAP contractors determine eligibility. For information call DCTED at (360) 586-0496.	
Head Start		Families with children birth-5 years with income up to 100% FPL. Age and income are flexible by location.		Comprehensive child development program offering health, education, and family support. Parents also participate and benefit from the program.		Contact local programs or call (360) 902-7882 to find the program nearest you.	
Resource and Referral (R&R) Agencies		No eligibility criteria; anyone who calls this telephone service will be served. (Some counties may charge a modest fee, however families at or below 175% of FPL are not charged)		Helps parents find quality, affordable, licensed child care, links parents with available subsidy program information, facilitates the licensing process for child care providers, and generates public awareness of child care issues.		For the resource and referral nearest you, call Washington State Resource and Referral Network at 1-800-446-1114.	
CPS ECEAP CSO FPL	Child Protective Services Early Childhood Education Assistance Program Community Service Office Federal Poverty Level	CWS R & R DASA TANF	Child Welfare Services Resource and Referral Division of Alcohol and Substance Abuse Temporary Assistance for Needy Families	DCTED DCFS DSHS	Department of Community, Trade, and Economic Development Division of Children and Family Severices Department of Social and Health Services		